

## VOLUNTEERING



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Being a volunteer is one of the most important things you can do to help build a great community.

Though unpaid, being a volunteer has many rewards. Volunteering has a huge impact on the community, helps you make new friends, expands your network, and boosts your social skills. Some even say volunteering is like a two-way street, it benefits you and the ones around you, as much as the cause you choose to help.

### Did you know?

Studies show that volunteering can be motivating, helping you increase your confidence and over all well-being.

There are many different organizations and community groups that rely on the generosity of volunteers every day. To get the most benefit, choose one that benefits your own wellness as well as community wide well-being.

Studies show that volunteering can increase self-confidence because doing good deeds for others and the community provides a natural sense of accomplishment. Volunteering has also been shown to combat depression because it reduces isolation and increases social contact.

By being a volunteer and putting yourself out there in the community and in contact with others, it will help you develop a solid support system which will protect you against stress and depression when you're going through tough times. Other studies show that volunteering is good for your overall health, especially for older adults. It has also been shown to lessen symptoms of chronic pain and heart disease.

Besides being good for you and your body, and bringing fulfillment to your life, remember that you are also helping others in more ways than you can imagine.



There are many volunteering opportunities no matter where you live. Check with your area hospitals, long-term care facilities, hospices, schools, food banks, shelters, youth and senior care outreach, rehabilitation centers, community health programs and local animal shelters. Keep in mind some organizations require screening of volunteers.

UFCW Locals 175 & 633 holds events to raise money for the Leukemia & Lymphoma Society of Canada throughout the year and we're always looking for volunteers! It's a great opportunity for members and high school students, who require volunteer hours to graduate, to get out into the community and have fun while raising money for a great cause! If you'd like more information, contact your Union Rep.



### Want to Volunteer?

volunteer.ca  
www.volunteertoronto.ca  
www.ovcn.ca

**VISIT [WWW.UFCW175.COM/YOURHEALTH](http://WWW.UFCW175.COM/YOURHEALTH)**  
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